

Paul Low Named USATF – New England Athlete of the Month for June



Photo: Drea Kasianchuk

BOSTON – Mountain runner **Paul Low**, age 33 of Belchertown, MA, who runs for the Central Mass. Striders, has been named USA Track & Field – New England’s Athlete of the Month for June 2007. Low, also named Athlete of the Month for September 2004, is only the second repeat winner.

Low’s June exploits began on June 3 at the Pack Monadnock 10 mile race in Temple, NH, where he broke away over the last two miles to win by nearly two minutes. He added another victory on June 9 at the Northfield Mountain 10.3K Trail Race. This gave him three wins in three events in the La Sportiva / USATF-NE Mountain Circuit this year. On June 16 at the 47th Mt. Washington Road Race, Low was the first American finisher and was second overall to Jonathan Wyatt of New Zealand who is the course record holder.

Capping his month of high achievements, on June 24 at the Mt. Cranmore Hill Climb, a race that served as the USA Mountain Running Championships, Low placed second just 10 seconds behind Ricky Gates of Colorado. The high quality of the field was reflected in the presence of 16 past members of the USA Mountain Running team. His 2nd place finish qualified Low for his eighth U.S. Mountain Running team and this September he will represent the U.S. at the World Mountain Running Trophy championships in Switzerland.

Low has a masters degree in geology and is working toward a Ph.D. in geosciences at UMass – Amherst. Asked how his interest in mountain running developed, Low described it as an extension of his love of nature. “I love being out in the wild,” he said, “and really enjoy the training.” Unlike most endurance runners, Low does not keep track of weekly training mileage. He said that because most of his running is on trails and hillsides, it is easier to measure his training volume by time. This does require a good sense of training variables such as elevation, the grade and ruggedness of the terrain, and how much of his running is uphill and downhill.

Low said that Cranmore and Mt. Washington were his two most important domestic races this year. He is eagerly anticipating the World Mountain Running Trophy champs in September. Although he would like to finish in the top ten individually, his greater goal is to contribute to a top three finish by the U.S. team. He believes that this year’s American team, if they peak on race day, are capable of medaling.

Also excelling in June was **Ben True** of Dartmouth College and North Yarmouth, Maine. At the USATF-NE Track & Field championships at M.I.T. on June 17, True won the mile in 3:59.99. True is also a college All-American in Nordic skiing.

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levels of the sport.
USATF-NE will name a
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month and feature the
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